

**EXPECTATIONS FOR CHEERLEADERS AT  
GIRLS' REGIONAL WRESTLING TOURNAMENTS  
January 27, 2023**

**SITE 1: Tyson Events Center, Sioux City**

ICCA Contact: Kenna Johnson (Cell: (515) 250-8968) – before 5 p.m.  
Melissa Hatfield (Cell: (563) 210-0255) – after 5 p.m.

**SITE 2: Iowa Events Center, Des Moines**

ICCA Contact: Tami Doyle (Cell: (319) 239-4277)  
(Tami will be present at the meet.)  
Kristen Baker (Cell: (319) 321-3333)

**SITE 3: Alliant Energy PowerHouse, Cedar Rapids**

ICCA Contact: Erin Taylor (Cell: (319) 329-6482)  
(Erin will be present at the meet.)

**SITE 4: Luther College, Decorah**

ICCA Contact: Michelle McCann (Cell: (319) 560-4223)  
(Michelle will be present at the meet.)

**Each school is permitted a MAXIMUM OF 6 CHEERLEADERS AND ONE COACH/CHAPERONE admitted free-of-charge (NO MASCOTS). Only these SIX cheerleaders may cheer the entire meet without substitutions.**

- Cheerleaders and coaches are admitted through the pass gates. Cheerleaders MUST be in uniform.
- Pass gates will be open at 7:00 a.m. at each wrestling site. Cheerleaders and coaches will receive a wristband upon entrance.
- There will be changing areas provided. Space for keeping bags, coats, etc. will also be available.
- Cheerleaders and coaches are allowed to bring food and drinks, but items must fit in their individual bags. Concessions will be available. (Food will not be provided for cheerleaders and coaches.)

**PARKING** – There is no designated parking for cheerleaders/coaches. Parking maps for all sites are located at IGHS AU Wrestling Tournament Central.

**Participants shall wear official uniforms that comply with the Uniform Requirements and Guidelines and are school issued. NO T-SHIRTS, WARM UPS, or TIGHTS!**

**All briefs should be devoid of any markings including but not limited to sequins, prints, wording, symbols, etc. In addition, no visible apparel may be worn under the uniform except bodysuits / spandex / briefs. Teams shall wear official school issued uniforms that are of similar color and/or marking. All uniforms, including footwear must be in compliance with the NFHS Spirit Rules Book and the Uniform Requirements and Recommendations found on the ICCA website. Cheerleaders are to change in designated areas only and not public areas such as the stands. This includes both removing and putting on warm ups.**

**ALL JEWELRY IS PROHIBITED**, except religious or medical medals which must be taped to the body under the clothing. Spacers, plugs and covering jewelry with clothing or tape **is NOT legal**.

**PINS, BUTTONS, OR CORSAGES ARE PROHIBITED** while cheering.

**FINGERNAILS MUST BE KEPT SHORT.** When extending the fingers and looking at the palm of the hand, the finger nails should not be visible. This includes acrylic nails. Fingernail polish is permitted.

**HAIR MUST BE SECURED** away from the face & eyes and off the shoulders, such as in a ponytail. (See Clarifying Hair Rules below, including bow expectations).

**NO GLITTER** is allowed on the face, body, hair, or uniform.

**TUMBLING OR STUNTING** is prohibited at sectional, district, and state wrestling tournaments.

**NO PILLOWS (including stuffed animals)** are allowed at sectional, district, or state wrestling tournaments. Cheerleaders should sit in the corners of the mat in an “L” whenever possible.

**CELL PHONES and CAMERAS** are prohibited when mat side, including putting them under the cheer uniform.

**CHEERLEADERS SHALL NOT POUND OR STRIKE THE MAT DURING A PINNING SITUATION.**  
The mats are to remain flat on the floor.

**CHEERLEADERS ARE NOT TO CHEW GUM OR HAVE CANDY IN THEIR MOUTHS WHILE CHEERING.**

**LEAVE ALL VALUABLES AT HOME.**

Failure to comply with these rules means the cheerleader(s)  
will **NOT** cheer at the tournament(s).

## **CLARIFYING THE HAIR RULE FOR CHEERLEADERS**

The following are examples to help coaches understand the intent of the hair rule;  
not all situations are covered.

SECURING hair away from the face situations:

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – legal
2. Hair in a high ponytail that is long and goes down the back – legal
3. Hair in pigtails or side ponytail that does NOT touch the shoulders – legal
4. Hair in a low back ponytail at the base of the nape of the neck – legal
5. Short hair with hair that could be in face secured away – legal
6. Long hair that is half up and half down (the back of hair is down, but front and bangs are pulled up and secured) – **illegal**
7. Long, ratted hair that goes in cheerleader’s face, which includes top person’s hair going into the face of the base(s) or spotter – **illegal**

8. Long hair in a ponytail high on the crown that allows the hair to fall into the face – **illegal**
9. Short hair that brushes the tops of the shoulders – **illegal**
10. Hair in a ponytail that's lying on or over the front of the shoulder – **illegal**
11. Hair in a side ponytail that goes onto or touches the shoulders – **illegal**
12. Hair in pigtails that touches the shoulders – **illegal**

**NOTE: For State Wrestling, cheerleaders must not have hair covering any part of their ears. This is to make it easier for monitors to check for jewelry and plugs as cheerleaders travel back and forth between the stands and the mats.**

Bangs pulled across forehead, wispsies, and chunks of hair beside face:

1. The above - out of eyes and if necessary soundly secured away from the face – legal
2. Hair that falls into the face while cheering, stunting, or tumbling – **illegal**
3. How do you know if it is legal? If you have to:
  - a. Move your head to move hair away from your face – **illegal**
  - b. Use your hand to move hair away from your face – **illegal**
  - c. Tuck hair behind your ears – **illegal**

Accessories:

1. A few small rhinestones punched into a bow or headband – legal
2. Headbands and bows with small, flat items sewn on – legal
3. Flat clips or bobby pins – legal
4. Headbands and bows with sequins or other items (any size) glued on – **illegal**
5. Bows with **hard rhinestones/bling** as the **middle part of the knot** – **illegal**
6. Large items on headbands or bows sewed on – **illegal**
7. Bows touching the face area including the forehead – **illegal**
8. Alligator type clips, including those on bows or other items – **illegal**
9. The plastic hair bump-it, bun sock, or anything under the hair to lift it up – **illegal**
10. Flowers, feathers, etc. in the hair – **illegal**

**If you have to move your head to get hair out of your eyes, use your hands to tuck hair behind your ear, or move hair off your shoulders – your hair is not secured and probably ILLEGAL.**

**NOTE: Any time the hair gets in the way of a stunt, it is **illegal**. The hair should be off the shoulders for stunting. This applies to all cheering situations even though stunting is not allowed at sectionals, districts, duals, and state tournaments.**